



THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

QUARTERLY

- Reducing Your Lead Intake
- Making My Operation Operate For Me
- Life Without Wheat
- Pesticide Act Amendment 1980
- Happy 20th Year HEF Canada
- Me and My Headache



EDITORIAL MESSAGE

The cover photograph of Dr. and Mrs. MacLennan receiving a painting from the Waterloo/Wellington Branch is in celebration of HEF Canada's twentieth year. This issue of *The Quarterly* is dedicated to all those people throughout HEF Canada's 20 years who have made the Foundation a source of information and sharing - assisting all of us that are affected by environmental sensitivities to lead healthier, fuller lives.

Contained in this issue of *The Quarterly* are a few "snap shots" of HEF Canada's history. Excerpts have been borrowed from old newsletters, minutes of meetings and correspondence. Also in this issue are articles on lead, pesticides, book reviews and personal stories. Please take time to read through the Executive Director's Message to find out more about new projects being developed at the provincial level.

Congratulations to the new Directors for both the National and Ontario Boards of AEHA. It appears that both teams are very enthusiastic and ready to embark on an

exciting and busy year.

The Quarterly would like to welcome two new Editorial Board members, Zec Charmoe and Robert Milligan. Zec and Robert will begin their duties on the next issue of *The Quarterly*. We still need at least two additional Editorial Board members.

Calling all Volunteer Editors!!! *The Quarterly* needs your expertise! The Editor is responsible for ensuring that *The Quarterly* articles are collected, edited and prepared for print. The office will be able to provide some assistance, and we might even find additional volunteers to help with each issue. If you would like to work with the Editorial Board or to apply for the position of Volunteer Editor, please contact Jacky or Kathy at 10 George Street North, Cambridge, Ontario, N1S 2M7. (519) 740-6979.

We hope you enjoy this issue of your *Quarterly*.

THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION

AEHA Quarterly

The AEHA Quarterly is a publication of the Allergy and Environmental Health Association, a volunteer, non-profit, registered charity. *The Quarterly* is of interest to people who are concerned about their health and how their health is affected by the environment. Articles in *The Quarterly* deal with a variety of issues, ranging from environmental medicine to gardening concerns for the environmentally aware. Also, every issue attempts to share with the reader how people have improved their health by changes in habits, diets and environment. *The Quarterly* does not offer medical advice and we urge persons wishing to experiment with changes in their lifestyle to do so with the help and guidance of a knowledgeable physician.

The Allergy and Environmental Health Association

The objectives of the Association are many, however, a major focus is the promotion of the exchange of information on the prevention and treatment of environmental hypersensitivities. People who are environmentally hypersensitive are no longer able to adapt well to common and increasing exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, in water, or in their home and/or workplace environments.

Natural inhalants such as pollens, dust and molds, and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as "allergy", but the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to them can trigger environmental hypersensitivities even in those with no history of allergy or other sensitivity to the environment. Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life, and career. The Thompson Committee Report defined environmental hypersensitivity in 1985 as "a chronic multisystem disorder involving symptoms in one or more systems of the body."

On a local basis, AEHA branches work toward finding sources of chemically less-contaminated food, water, clothing, and household furnishings, as well as providing referral to counselling on changes of lifestyle that may alleviate symptoms. The AEHA and its branches would like to encourage others to become involved not only in research on the effects of environment on health, but in working toward a healthier, less-polluted environment.

Product Information mentioned in *The Quarterly*, should be carefully evaluated for personal compatibility, since individual sensitivities vary widely. Mention of a product does not imply that AEHA endorses that product or service.

The Quarterly

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The views expressed in the *The Quarterly* are not necessarily those of the Association.

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AEHAO President's Message

I feel honoured to have been elected president of the Allergy and Environmental Health Association of Ontario at the Annual General Meeting in April 1989. I would like to thank those of you who worked so hard last year in executive positions and other duties with the organization. There is still much to accomplish as we continue to work to support those who are environmentally ill as well as to increase awareness of the need for a clean environment.

We are still small in numbers but gradually our message is being heard. There is a great interest in environmental issues now and suddenly everyone is concerned about clean food and water. This seems like a perfect time to increase our membership, for we can achieve much more with greater numbers.

At every level in the organization volunteers are in short supply. Please call your branch executive or the provincial head office with the number of hours you would be prepared to work. There are jobs for everyone. You may find that your volunteer job will teach you new skills and help you to meet new people. Already I am finding my job as president to be a tremendous learning experience.

This issue of *The Quarterly* is dedicated to all those who have worked for our organization over the last twenty years. It is my hope, that with your support, we will build on what has been achieved and grow much larger and stronger in the next twenty years.

Marg Lamothe

AEHAO Volunteer and Community Services Co-ordinator

"Ready, willing and able" - that's what I was in March when approached for an interview. The job: Volunteer and Community Services Co-ordinator for the Allergy and Environmental Health Association of Ontario. The opportunity to see some dreams materialize tantalized my imagination. Genuine support and encouragement are afforded to me by the expert office staff. Branch executives, branch liaison and Board representatives have been most co-operative and helpful. My extensive background with environmental concerns and my many contacts are proving to be valuable assets. Dreams can materialize if we work together in a sharing, caring manner.

I have visited most branches. Priorities have been set and projects are in place for the coming activity year 1989-90. You will be notified about your branch activities. Please support your branch. Those involved are hardworking volunteers who are concerned about environmental issues. "House-bound" members may be able to help with telephone work. For the "out and about" members, help is always needed with meeting preparations, computer inputting, and mailing newsletters.

"Volunteerism is a noble profession." These words have been uttered on numerous occasions. However words really cannot express the value of volunteers to an organization. A volunteer can give talent, expertise, time, energy, enthusiasm and commitment. Volunteers come in all shapes and sizes. They are important and they are really needed. You could be the volunteer who makes a difference.

Pick up the phone and contact your local branch so that you can volunteer. Or write a note to your branch address. Contacts are always listed on the back page of *The Quarterly*. Guidelines, assistance and training are provided for volunteers. The organization is branching out. Join us!

As a regular feature in *The Quarterly*, I will be profiling individual branches, highlighting upcoming activities and sharing innovative ideas from the branches to all members. You can become involved by sending information (please limit to one or two paragraphs) to me at the provincial office.

At this time congratulations are extended to the Waterloo-Wellington-Cambridge-Kitchener area. How lucky can you be! Two branches are now in this area. The Waterloo-Wellington Branch is a well-established group in the community. The Kitchener Branch is a newly formed group of enthusiastic individuals who have flooded their geographic area with promotional materials about branch activities. Welcome aboard to the Kitchener Branch President Lynda Schmidt, her Executive and committee members. Keep up the good work!

The group in London is also enthusiastic and activities will emerge, but a few more helpers are needed to assist in putting more plans into action in this geographic area. If you know of other new branch possibilities in Ontario, please contact the office.

It looks like a great year. I'm happy to be here, working together with you for a healthier environment.

Darlene Koski

AEHAO Executive Director's Message

Bewildered! Perplexed! That's how many members have felt regarding the relationship between the Allergy and Environmental Health Association of Ontario and HEF Canada. For the members who are feeling somewhat confused, and your confusion is quite valid, I will try to clarify the matter.

First, the Human Ecology Foundation of Canada (HEF) has had a name change. At the Annual General Meeting of April 29th, 1989 HEF Canada became the Allergy and Environmental Health Association of Canada and will often be referred to as AEHAC. Although the name change has been approved by the general membership, the legal transition from HEF Canada to AEHAC involves the co-operation of the governmental bureaucracy and a lot of paper work. Until the legal transition is complete, AEHAC will be referred to as such, but all legal transactions, including charitable receipts will be issued from the Human Ecology Foundation of Canada.

Under the auspices of AEHA Canada there are four provincial divisions: PEI, Nova Scotia, New Brunswick, and Ontario. At present the three East Coast divisions operate very similarly to the local branches in Ontario, in as much as they are fully staffed with volunteers. In addition, the East Coast divisions are the only branch within their respective Province. The Presidents of PEI, Nova Scotia and New Brunswick will be reporting on the growth and goals of their branches in future issues of *The Quarterly*.

The Ontario Division, known as the Allergy and Environmental Health Association of Ontario (AEHAO), is a relatively new addition to the group. We received partial funding from the Ontario Trillium Foundation in order to strengthen the branches across the province. We have seven branches and they are in Toronto, Ottawa, Waterloo/Wellington, London, Quinte, Kitchener and Hamilton/Burlington. All of the branches operate with volunteer staff who are a dedicated and hard working group of people. Every branch adheres to the same principles as the AEHAC and has the goal of helping people to lead healthier and fuller lives. The

Ontario office working in conjunction with the Ontario branches will increase the profile of the organization and make people more aware of environmental sensitivities. We are doing this, in part, by participating in dialogues with the various government Ministries whose policies have an affect on the membership. We are also embarking on some very specific projects.

The AEHA Ontario has completed a new source book which is being featured in the Canadian Organic Growers Directory. The Source book is available to members and can be purchased through the Ontario office for \$6.00. In September, the Association will be participating in the Summit on the Environment, a world class environmental summit. The AEHA will be participating with other non-profit organizations and producers of environmentally friendly goods. Also, in conjunction with the Canadian Organic Growers, the AEHAO is assisting with the Heritage Seed Program. This is a project that is active in the preservation of vegetable, fruit, nut, and flower seeds in order to halt the extinction of varieties that have a natural resistance to particular damaging factors. This project is very important to the continuation of a diverse food supply and organic farming. In addition to the various events, the Ontario branches are receiving operating and capital purchase funds from the Trillium grant money to increase their profile and activities within their respective communities. Also, the office has recognized the need to develop an informative brochure series. This series will include subjects like communicating with your doctor, fungi and molds and working with your child's school system.

We have had a very busy and rewarding time working with the people throughout the communities in Ontario. They are realizing more and more the necessity of what the Association has been requesting for sometime: clean air, clean water, and uncontaminated food. We look forward to continuing our work over the coming year and emphasize the importance of your input in fulfilling the goal of helping people lead healthier and fuller lives.

Jacky Roddy



© Laura Zerzan From "ECONEWS"

CROSSTALK

Crosstalk is a communications line that belongs to all of us. We welcome your inquiries, your comments, and the sharing of your thoughts and inspirations.

Write to: The Editor, AEHA Quarterly, 10 George St. N. Cambridge, Ontario N1S 2M7.

To the Editor,

Enclosed is a copy of my letter to my college president, re: indoor smoking in violation of campus wide policy and infringement of my rights to attend school and breathe in a safe, clean environment. It might encourage other sufferers - especially students - to fight. I expect little positive results, but I'm not letting this go by unfought.

"Dear Mr. Tibbits,

The no-smoking policy which is in effect on the Doon Campus is admirable in its intention to provide a healthier atmosphere in which to learn. Unfortunately, as you must be aware of, it is not working very well. For some of us, namely those students who have respiratory and/or allergy problems attributable to the effects of sidestream tobacco smoke, this presents a major health hazard.

Last year, while I was a student here, the presence everywhere on the campus of tobacco smoke, including in lab rooms, necessitated my frequent trips to Health Services for treatment. This usually consisted of having oxygen administered for relief of asthmatic and other reactions. At times, however, this was insufficient and mild convulsions resulted. Since my return to the Electronics Tech-

nician program in September 1988, although the smokers were more co-operative at first with the new rule, cold weather has encouraged them to smoke between doors and occasionally in halls. Recently, the concentration of smoke pollutants has even been invading certain rooms and labs near the doors. As my locker is near a door, the problem for me is particularly serious. I do not wish to wear a filter mask as I attempted to do last year - the rude and immature comments from other students is pretty hard to take, especially when you're not feeling well (more especially when the people making such comments have caused the problem). But just what am I, or any others similarly suffering, supposed to do?

I have spoken to one of the security guards, who, although she sympathizes (as a fellow asthmatic) is powerless to do much of anything. After telling students to put out their cigarettes or go outside, they either comply until she turns her back, or openly defy the order, knowing nothing will be done. I have witnessed this taking place with other security personnel at various times; it is not an isolated situation. Is there no type of penalty that can be inflicted on those who don't care for the college's rules?

I am seriously concerned that my opportunity for equal access to a quality education here at Conestoga is in jeopardy. It is hard enough to go through two years of a technical course without the additional stress of continual nausea, difficult breathing, mental confusion, headaches, exhaustion, chest pains, asthma and convulsions. The anger and frustration I feel daily are no assets either. If a student in a wheelchair encountered opposition to movement

caused by other students, the situation would no doubt be taken quite seriously. But the attitudes of smoking students and teachers here at Doon amount to immature intolerance. (For instance, on one occasion I commented on the fact that a female student was smoking indoors, and was threatened with violence!) Apparently these people consider their craving for nicotine far more important than an individual's right to breathe.

Occasionally one hears or reads of someone dying from an asthma attack. I sure hope I don't ever become one of these statistics. In the meantime, I plan to use my limited time and energy, plus any backing I can obtain from various support sources, to fight for my own rights. I truly appreciate your policy endorsing a clean, safe, healthy environment; unfortunately, not enough others feel the same way."

Sincerely,
Vickie Lynne Bellaire

To the Editor,

We have an environmentally clean home on 1/3 acre available in beautiful Shuswap lake area of British Columbia. 3 bedrooms, 2 1/2 baths, electric heat. Built for chemically sensitive family. Bob and Jean Stephens
RR #1, Sorrento
B.C. V0E 2W0
(604) 675-4261

CROSSTALK

To the Editor,

I'm a member of the Ottawa branch HEF who has chemical/food allergies, and in the last year I have improved considerably and would like to pass on the following tip. I have made a simple and extremely useful light-weight mask that has changeable filter media. I use it while driving, working around moulds or dust, or in chemically polluted air.

To construct:

- a) Get two commercially available "Dust, Mist and Nuisance Odor" masks made by 3M company (part #9913, in bags of ten; try Safety Supply Company, among others).
- b) Get activated charcoal and Permasorb (in Ottawa, at Walmar in Gurdwara).
- c) Sew the two masks together around the outer border, leaving a hole at one point large enough for a small spoon.
- d) Sew two horizontal lines across the center of the masks - through both - one-third way up from the bottom and one third down from the top, but not all the way to the edges.

e) Fill a roughly 50/50 mixture of activated charcoal and Permasorb through the hole, about 10-15 spoons; move into place with your fingers and by shaking so that it is evenly distributed in the three zones.

f) Sew up the hole.

g) In light use (three hours a week) I check and replace the charcoal/Permasorb about every four months.

Other masks I tried with replaceable filters were all manufactured out of petroleum by-products, and I reacted adversely to the mask materials; these mask did not give me that problem.

If anyone in the association has money but no time (the reverse of my problem) I'll be happy to make one of the above masks and mail it to you, postage included, for \$28 (the materials are about \$13).

Thanks & best of luck,

Steve Rowat
Box 93, Merrickville
Ontario K0G 1N0



1989 Organic Agricultural Directory

The 1989 Directory is almost 200 pages long and has more than 500 detailed listings of people and places that are connected with organic foods and natural products. By regional divisions, you're able to search out suppliers, distributors and associations that promote healthy living. Find everything from food stores, to restaurants, to seed conservation.

This is a "must have" for anyone looking for safe products. Who knows? You might find a distributor just around the corner...

For your copy please send \$6.00 cheque or money order to AEHAO, 10 George Street North, Cambridge, Ontario, N1S 2M7.

NEWS



Food Sensitivites Research

On February 10th, 1989, the Ministry of Health issued a press release that announced funding for research into environmental hypersensitivity.

The Ministry is providing almost \$200,000 for the first phase of a food sensitivity research initiative that will validate measures of food sensitivities. Upon successful completion of phase one, a second phase will be funded \$400,000 to test therapies for food sensitivities.

In addition, a liaison committee will be established to promote further active and sound research of environmental hypersensitivity. The committee will be chaired by Dr. Barry Zimmerman, former head of the Allergy Division at the Hospital for Sick Children in Toronto and former chairperson of the Advisory Committee on Environmental Hypersensitivity. The Committee will consist of researchers, people with knowledge in the field and a Ministry of Health representative. The research project will be headed by Dr. Bruce Pomeranz, a professor of physiology at the University of Toronto's Faculty of Medicine.

The AEHAO responded to the Minister's news release by welcoming the research of food sensitivities and by thanking the Ministry of Health for promoting research into environmental hypersensitivity.

Japan Cuts Compensation to Pollution Victims

The Japanese government is cancelling its pollution victim environmental programme.

Until 1973, many companies opted to pay Japan's 95,000 certified air pollution victims compensation instead of installing expensive anti-pollution equipment. The 9000 new applications received annually are no longer being accepted and payments to approved victims have been cut by 50 percent. The new applicants have been disqualified and diagnosed as suffering only from old age, smoking and allergies.

Dangerously high levels of sulphur dioxide are now controlled to the point where the Japanese government claims the gas masks required for general wear in 1977 are no longer required. However, photochemical pollution, a new mixture of pollutants from factories and cars, is expected to increase lung cancer rates within ten years. Increased levels of allergies and lung ailments are only foreshadowing what is to come for Japan.

The Japan Action Committee of Victims of Environmental Pollution hopes to draw attention to Japan's lax environmental administration during a United Nations Commission on Environment to be held in Japan in the near future.

Alternatives Vol. 15 No. 4 1988.

Housing Renovations

The Ontario Ministry of Housing has a program very similar to the Residential Rehabilitation Assistance Program of the Canada Mortgage and Housing Corporation. It is called the Ontario Home Renewal Program, Disabled Components. People who are disabled with environmental sensitivities may be eligible for assistance in order to make their home environmentally safe. There is a very long waiting list and the government has pledged only \$10 million over the next two fiscal years.

In summary, the rules of the program are as follows:

1. You must own your own home. The money is not available to tenants.
2. The renovations must be permanent.
3. The maximum any household may receive is \$15,000. This includes any money granted by the CMHC. That is, if the CMHC gave you \$5,000 the maximum you would receive under Ontario's new program is \$10,000 for a total of \$15,000.
4. The loan may be forgivable if you own your own home for at least five years.
5. The maximum family income to receive the maximum loan amount is \$45,000 per annum. Partial loan money is available with an annual family income to \$60,000 per annum.

For further information or points of clarification, you should contact one of the Regional Housing Offices in the province listed below.

Toronto (416) 225-1211
Thunder Bay (807) 475-1465
Ottawa (613) 820-8305
Hamilton (416) 521-7500
Sudbury (705) 560-6350
London (519) 679-7110

NEWS

Loblaws Green Products

Loblaw Companies Ltd., a national supermarket chain, has launched a line of "environmentally friendly" products. The extensive product line was produced after consulting a number of environmental groups over the last year. They have also been working with some environmental organizations on specific projects — for example, Friends of the Earth on their Green Consumer Week, Pollution Probe on a Green consumer guide, and the Canadian Environment Network on an environmental hotline.

Mr. Paddy Carson, V.P. Environmental Affairs, invites members of environmental groups across Canada to communicate concerns about any specific products which Loblaws carries, to suggest product changes, or to request new products which you would like to see carried.

You are invited to call collect to Ursula Olszewski, at (416) 922-8500, or write to Loblaws at : Mr. Paddy Carson, V.P. Environmental Affairs, Loblaw Companies, Ltd., Executive Offices, 22 St. Clair Avenue, East, Toronto, ON. M4T 2S5.

Physicians Assistance Requested

University of Toronto, Food Sensitivity Research Project, sponsored by the Ministry of Health under the direction of Dr. Jozef Krop, requires patients to participate. Physicians wishing to assist, by posting flyers in their offices and/or giving referrals, are requested to contact Elizabeth White at (416) 978-8646. Our goal is to determine through a food challenge study, how to better diagnose and treat food sensitive individuals.

Pesticides Cuts Promoted

Ontario Agriculture and Food Minister Jack Riddell has announced initiatives to cut pesticide use 50 percent by 2002.

The 15-year programme will start this year with an expenditure of \$1.4 million to hire four pest management specialists, promote pesticide safety and begin research. Thereafter \$80,000 annually will be devoted to researching alternatives to pesticides and pest management programmes to reduce chemical dependence.

"We hope to reduce chemical costs to farmers by approximately \$100 million per year, while sustaining crop yields," says Riddell.

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"OUR WORLD" Summit on the Environment

An international conference and exposition for environmentalists, government, industry and concerned citizens of the world will take place during the week of September 10th, 1989. The goal of the event is to inform and educate all sectors of our society about environmental issues and concerns.

The success of the summit will largely depend upon the participants. Many environmental groups have been invited to attend, including the Allergy and Environmental Health Association. We feel that our role at the summit will be extremely important to inform people about environmental sensitivities and the link between the environment and our health as individuals and as a society. Should you like to assist us with our display either before or during the summit please contact the Cambridge office.

Air Conditioner Ruling

Despite medical evidence that air conditioning eased symptoms of multiple sclerosis and testimony that by installing it in her home a woman was able to walk during summer months, the Tax Court of Canada has ruled against the argument that it should be considered a deductible medical expense. Medical evidence indicates that even small temperature increases can effectively block the conduction of nerve impulses, resulting in a worsening of symptoms. A doctor suggested that Nigel Brown install air conditioning to ease the symptoms his wife was experiencing. Tax act criteria stipulate that only devices with a direct mechanical or physical application qualify for tax relief.

Canadian Human Rights Advocate, January, 1989

A Fundraising Thank you

A heartfelt thank you to all those members who responded to our call for financial donations. To date we have received \$2,275. from 75 members. There is still time for those of you who would like to contribute financially to the projects of the association. Please send your donation to the office at 10 George Street North, Cambridge, Ontario, N1S 2M7 and if you wish your donation to go towards a specific project please indicate that on your remittance. Once again, thanks to all who responded.





Courtney Smith From RE SOURCES

Building the AEHAO Resource Centre

AEHAO is beginning a much needed information clearing house at the Cambridge office. Our purpose is to make quality information accessible on all aspects of environmental health. We expect the Centre to be used by our members, government and health agencies and the general public. We'll cover subjects ranging from asthma to pesticides to upcoming events. There will be files on communicating about environmental illness, seeking financial support, using alternative products, etc. We'll be able to provide lists of food distributors, related organizations and books to read. In short, as much information as possible connected with the health concerns of our members will eventually be found in our resource centre.

We Need You

This resource centre will be built by people who are willing to share their knowledge with others who urgently need direction. Our members know better than anyone else the value of good information on environmental sensitivities. Please send us what you have - books, tapes (audio and visual), magazine and newspaper articles, etc. If you can't send originals, tell us what the information is about and

exactly where to find it (author, date, publisher, distributor, etc.). We'll do our best to follow up. Please don't assume that we "probably already have it". We're just starting up and there's a lot of information to collect. Also note that information can't be returned unless a prior arrangement is made, and don't forget to include the name and date of the newspaper/journal when sending in clippings.

How to Use The Centre

If you call or write us with a request for information on a particular health issue, we will respond with copies of the material we have on hand, or a referral to a more expert source of information. There might be a nominal service charge to help offset expenses, depending on the request. We'll keep you posted as to the Centre's progress and contents through *The Quarterly*.

Information and inquiries should be sent to the attention of Kathy Sage Hayes at: AEHAO, 10 George St., N., Cambridge, Ontario. N1S 2M7. We look forward to your replies.

On behalf of all those who will use the Centre to lead healthier lives, we send our thanks.

Book Review

"The Impossible Child"

by Dr. Doris Rapp M.D. F.A.A.A., F.A.A.P.
with D. Bamberg, R.N., Ed. D.

Dr. Rapp has given us an invaluable handbook for anyone who works with children. This is particularly true of the parents of children whose problems, whether they be physical miseries or learning and behaviour problems, simply will not go away. It is often only the symptoms which have been diagnosed and treated and the causes have gone undetected and unsolved.

In her book, Dr. Rapp gives us a clear and simply laid out picture of the wide range of symptoms and sources of environmentally based reactions in children. Along with the general descriptions, she presents case study examples of the highly individual effects of environmental sensitivity. She describes behavioral reactions in children tested with specific allergens of all kinds: foods, pollens, mold, and the air from their school. Included are drawing and handwriting samples obtained before and during the allergic reaction and after the reaction has been cleared.

After having shown the reader how important the role of the environmental sensitivity can be in the ability of many children to learn and behave, Dr. Rapp does not leave us stranded, wondering how to cope with this dilemma. The book goes into detail on the detective work needed to pin down potential causes of symptoms inside a school, outside a school and at home. There are guidelines for detecting food

allergies. Dr. Rapp also emphasizes the great value of teacher-parent cooperation in the search for answers.

One chapter is devoted to the testing and treatment of allergies by the medical profession. Dr. Rapp discusses the pros and cons of the neutralization testing used in the United States at present. The treatment alternatives discussed include avoidance, rotation diet, drug treatment and allergy extract therapy.

The Impossible Child contains excellent appendices consisting of summaries, suggestions, a source list of safe products, a pollen calender and a comprehensive bibliography. This is an excellent book for quick referral. Information is easy to find through either the table of contents or the index. The main body of the text is 83 pages long and can be read quickly.

In short, I believe that Doris Rapp and Dorothy Bamberg accomplished what they set out to do. This book would have made my job easier when I started working on the environmental sensitivities of my own children.

There should be a copy of *The Impossible Child* in every school's teacher resource centre. You may want to give your child's teacher a copy of Dr. Rapp's book for Christmas this year. (It sure beats chocolates!)

by Joanna Anderson

Reviewers Needed

Individuals interested in reviewing books concerning environmental sensitivities and having it published in *The Quarterly*, please contact the provincial office. Your input will be most appreciated.

The Association has received a book that may be of help to other members.

Medd, Paula. *Yeast Free Feast. Recipes and Ideas to Help Control Yeast Related and Other Environmental Problems.* This book is published by The General Store Publishing House, Inc. Brunstown, Ontario.



Making My Operation Operate For Me

Wendy Annand

When I received the unwelcome news that I needed a hysterectomy I was being treated for environmental hypersensitivity. Because of all the special care I had taken to deal with the condition since my diagnosis two years earlier, I was very concerned about the surgery. I was terrified the stress of the operation, the drugs I would need to take for it and the hospital environment itself would trigger my sensitivities and send me back into the physical condition I had been struggling so hard to escape. I was determined to make sure that wouldn't happen.

For the two years prior to my diagnosis of environmental hypersensitivity I had been unable to work and was in extreme pain, suffering from headaches, insomnia, fatigue and kidney, muscle, breathing and ear problems. Quite naturally I was also depressed, particularly because of my inability to obtain a medical explanation for all these symptoms.

After I discovered what was wrong with me, I learned that people who suffer from this illness, also known as "20th century disease," are extremely sensitive to a wide variety of substances and often will become ill after only minor exposures. Environmentally hypersensitive people react to things like petroleum-derivative products such as plastics and hair conditioners and cigarette smoke, fungi and pollens to name only a few.

Although in the two years following my diagnosis I had made the necessary changes in my life to reduce my exposures to things affecting me, I was still a long way from well. I could work full time under controlled conditions and participate in many social activities. Spending as much time as possible in environments I could control (my home, car and office) allowed me to cope better with exposures to those things which I could not avoid and which caused symptoms. A very strict diet, special serum and drops to help "desensitize" me and the use of certain substances to reduce reactions were all helping my body slowly recover.

I vividly remember the day in mid-February of 1985 when, during a routine examination, my doctor discovered what he presumed to be a large fibroid growth in my uterus. I was terrified. My immediate thought was that it would be just my luck to die during an operation after everything I had already endured with the environmental sensitivity. But the

"poor me's" soon passed and I started to plot my course of action to make the operation as safe for me as I could.

A gynecologist confirmed the diagnosis and laid out the options.

Since the tumour had reached the size of a 16-week-old fetus in the year-and-a-half since my last examination, my choices were either to proceed immediately with surgery or wait and watch the tumour's rate of growth. The second choice involved the risk of hemorrhaging or having the increased size of my uterus interfere with my bladder or other organs. I was told that removing the growth alone might result in re-growth and the necessity of another operation, so I chose to have a partial hysterectomy (my ovaries were not involved).

As for how the operation would affect my environmental hypersensitivity, time was running against me. I did not want to add to the frightening event the additional physical stresses of summer, caused by the increase of inhalant allergens during that season. I therefore asked my gynecologist to arrange for me to see an anesthetist before my upcoming trip to Toronto to see my clinical ecologist who was treating me for the hypersensitivity. (Clinical ecologists are medical doctors who have received special training for diagnosing and treating environmental illnesses.) I reasoned that if I found out in advance what drugs the anesthetist would use during the surgery, and if I could obtain samples of them, the clinical ecologist and I could determine whether I was sensitive to them and could then take precautions.

Unfortunately, I encountered the same kind of attitude from the gynecologist which had so frustrated me during my long and near-futile search for an explanation of my environmental illness. The gynecologist and surgical team were unable or unwilling to understand my needs and I was refused access to the anesthetist prior to my departure for Toronto. Needless to say, I would have no further dealings with that gynecologist and wrote to my general practitioner saying that I would find a more appropriate surgeon on my return from Toronto.

By the time I returned to Halifax, I had a list of suggestions as to how I should be treated during the operation, should I have a drug reaction. I had some neutralizing drops (a dilution of substance that will stop a reaction to a normal

The "poor me's" soon passed and I started to plot my course of action to make the operation as safe for me as I could ...

dose or exposure to that substance) which would help me overcome the reaction. Some of this was guess work as we did not know the specific drugs which an anesthetist would be using.

However, since antibiotics and morphine are commonly used during surgery, I brought back Amoxicillin and morphine drops. I also got a prescription for Mycostatin to protect myself from antibiotics that would trigger my candidiasis (an overgrowth of the yeast organism *candida albicans* in the body).

Having already been tested for sensitivity to a couple of anesthetics and anti-nausea drugs, it appeared that a combination of my regular synthetic ethyl alcohol drops and formalin drops would counteract most reactions. Oxygen and Alka Seltzer Gold (an alkaline to neutralize the acidic response of an allergic reaction) are always helpful to me when my body is over-exposed to harmful substances. But ultimately, my goal was to use as few drugs for as short a time as possible during and after the operation.

While I knew what had to be done to get through the operation, I was not convinced that I could organize the operation to my satisfaction in Nova Scotia. My clinical ecologist in Toronto referred me to a gynecologist in Toronto who had experience in dealing with my condition and who had access to a special "allergy room" in a local hospital. The operation could have gone ahead there in April. However, Toronto was certainly not my preference because of the expenses and all the hassles involved with travel, food and accommodation.

Meanwhile, back in Nova Scotia, a friend was busily gathering the names of potentially sympathetic gynecologists and anesthetists from her network of friends. On my return, my general practitioner and I reviewed the names and contacted our mutual first choice. After listening to my general practitioner explain the problem, this doctor was willing to accept me as a patient. In fact, after talking with me, he indicated that he considered me something of a challenge.

While he was booked for surgery until mid-July, after I explained the problems associated with that season, he agreed to come back from his vacation to operate on May 31. The operation would take place in the largest and busiest hospital in the Maritimes. Arrangements were made for me to meet

with the anesthetists and the head nurse of the floor I would be on. I appreciated the anesthetist's candid admission that he was also deciding, during our interview, whether or not he wanted to take me on as a patient. He decided to go ahead with it. The head nurse was wonderfully helpful. It probably did not hurt my cause that she and my father came from the same small rural community!

As I was making these contacts, the gynecologist was enlisting the cooperation and understanding of the operating room and recovery staff. The dietician promised cooperation with meeting the requirements of my special diet and I provided copies of my menu for a week, even though I arranged to bring in most of my own food and water. Cleaning staff agreed to allow my mother to look after my room during my stay as a way to eliminate major exposure to their cleaning substances.

To best control my exposures, it was obvious that I would need a private room. Hospital staff aired our room before my arrival and had a sign preventing anyone from entering without first checking at the desk. Even staff who wore perfume or who smoked were kept away as much as possible. I was admitted a day early to ensure I wasn't "bumped" from the private reservation. My mother cleaned the room with my safe supplies - Borax, baking soda and Bon

... there are always other hypersensitive people who can provide suggestions and encouragement ...

Ami powder. My portable air purifier ran all day - its charcoal filters absorbing unwanted chemicals and odors. We covered the mattress with an emergency blanket - this cuts down on the amount of off-gassing from the chemicals used in the production and fire-proofing of regular mattresses. I brought in my own sheets, blankets and towels, as regular detergents, starches and laundry additives can cause problems.

During my stay, the dietary department did a remarkable job of accommodating my diet. They tried to prepare my organic foods as I requested or occasionally substituted items from the same food family on the regular menu. Mineral water supplemented the well water my parents brought in daily. The nursing staff were very kind and competent. I had left a copy of the story of my illness with the head nurse. Most of the nurses read the story and asked pertinent questions about my condition.

Just prior to the operation, the recovery room and operating staff came to my room to ask last-minute questions. Recovery-room staff agreed to administer oxygen with my porcelain mask (regular masks are made from petroleum derivatives) and to give me my neutralizing drops until I was conscious enough to administer them myself. Because of

If your doctor doesn't listen to you, find one who will. It may not be easy, but it can be done, and you will reap the rewards.

suggestions the anesthetists had made, the operating room hazards were lessened considerably. Rather than use a jelly on the tube inserted in my throat, they used a saline solution. A new bag and tubing were used to supply oxygen as they were treated only with gamma rays rather than chemicals. Two drugs in combination provided the anesthetic effect. As well, a muscle relaxant, an anti-nausea drug, an antibiotic and a pain killer were administered. The operation went entirely as planned - the growth was a single non-malignant fast-growing fibroid tumour. The only surprise was some endometriosis which was cauterized at the same time.

By early afternoon, I was back in my room and by late afternoon, able to talk coherently to visitors. I had brought in my TENS machine (transcutaneous electrical nerve stimulator) and a physiotherapist explained the necessary positioning for abdominal incision. I had originally obtained this machine when no other form of pain control would relieve the symptoms of my long illness. With the TENS, I was able to stop using pain killers the day after the operation.

I required no drugs after the first day. I continued my neutralizing drops and Mycostatin as well as large quantities of Vitamin C to speed healing. A week after the operation I was released from hospital - already able to take fairly long walks and look after myself. The clinical ecologist in Toronto felt I would need extra time off work to rest up from the stress to my body, so I took nine weeks instead of the seven normally recommended.

Of course, everything I did involved time, work, and great financial cost. There is no doubt that environmental sensitivity is an expensive disease. A poor woman could remain incapacitated or even die from it because she could not afford the costs associated with getting both the right diagnosis and then the treatment. I was fortunate that I could cover both because I received disability insurance and be-

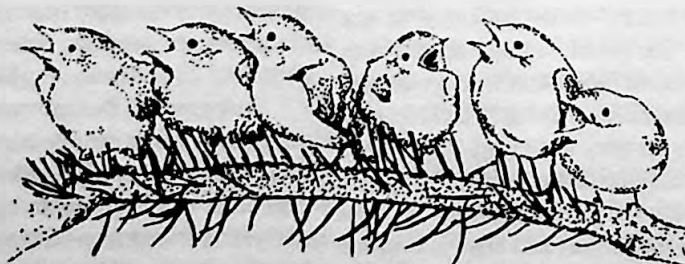
cause I had personal savings to fall back on. If it wasn't for both of these, my money would have dried up before I was ever diagnosed.

While the hysterectomy naturally set back my overall recovery, I actually did quite well, all things considered. I shudder to think what might have happened had I either become discouraged and put off the operation or gone ahead with a surgical team who made no allowances for my condition. Whenever I became overwhelmed at everything that had to be done for the operation, a friend or family member was always there to prod me along and support me. While many people with my condition are not as fortunate to have such support, there are always other hypersensitive people who can provide suggestions and encouragement, if needed.

My hospital experience was a valuable lesson to me. There are medical people who are open-minded enough to listen to patients who have controversial problems like mine. (Many doctors don't believe there is such a thing as environmental hypersensitivity or that the treatments we use can bring about the relief we actually experience.) If your doctor doesn't listen to you, find one who will. It may not be easy, but it can be done, and you will reap the rewards. You can obtain appropriate and sensitive medical help if you take charge, ask questions and make your needs abundantly clear. I did and I'm still here to tell the tale.

Wendy Annand works as a parole officer and is active around woman's health and family violence issues in Nova Scotia. In her spare time she offers advice on environmental sensitivity.

"Making My Operation Work For Me" was written for Healthsharing magazine and reproduced here with permission of the author.



Are You A DES Daughter ?

by Lynda Brooks

DES (Diethylstilbestrol) is a synthetic estrogen made from coal tar. It was manufactured and widely distributed from 1941 - 1971. DES was used for many purposes, one of which was to stop miscarriages, although it was never proven to help. It is still used in certain types of cancer, as a morning-after pill, and to prevent lactation after delivery.

Between 60 and 90% of DES daughters have had changes in their vagina or cervix due to their DES exposure. Adenosis is the most common change. This benign change should be monitored closely even though it is not believed to be dangerous. Structural changes such as T-shaped uteruses and miscarriages are also occurring in DES daughters.

It is important to find out if you were exposed to DES in utero. DES also affects some male offspring.

Although I could not find anything in the written literature, there is some question as to whether or not the third generation will be affected. Apparently the DES mothers are at greater risk of breast cancer. Some DES daughters in the U.S. suspect that their T-cell function is being affected although, again, the literature that I have read does not support this at present.

DES-caused changes may not show up with Pap smears or the usual pelvic examinations. Iodine staining of the

vagina and cervix or a colposcope are among the tests which may be necessary.

Because most DES daughters are in the eighteen to forty-eight year age group, the long-term risks of other forms of cancer are not yet known. It is therefore important for continuous follow-up of all exposed to DES.

I just found out that I am a DES daughter myself, along with being exposed to Depeo Provein Canather, a controversial hormonal drug. I have had many hormonal problems which could never be explained. I now have some answers. We all need to continually question and delve into our past to see what things can be contributing to our illness. With this knowledge we can be more realistic in our expectations.

Further information may be obtained from Dysplasia Clinics in larger hospitals or through: DES Action/Canada, 5890 Monkland Ave., Suite 104, Montreal, Quebec. H4A 1G2 (514) 482-3204.

Suggested Reading

- *To Do No Harm*, by Roberta J. Apfel, M.D., M.P. & Susan Fisher, M.D., Yale University Press
- *DES Daughter*, by Joyce Bichler, publisher: AVON.



Reducing Your Lead Intake

By Virigina Salares, Ph.D.

Lead in Water

The testing for lead in schools in Ontario has brought to the public's attention the problem of lead contamination of drinking water. Elevated levels, up to 350 parts per billion (ppb), were reportedly found in some Toronto schools. The federal guideline for lead in drinking water is 50 ppb.

Questions have been raised if there is a no-effect level. Given the known toxicity of lead, the goal should be the lowest possible (zero) concentration in drinking and cooking water.

Because of the widespread occurrence of lead in the ecosystem, surface waters which supply most urban systems are contaminated. As the water courses through the distribution system, it picks up more lead (from the lead solders or lead pipes as are found in older cities) on its way. The acidity of the water and the residence time in the pipes will determine the amount of lead that comes out of the tap. Suggestions to let the water run for a few minutes each morning are superficial and unlikely to significantly alter the lead content.

City dwellers will have to procure water which has as low concentration of lead as possible. A comparison should be made of the lead analysis of different sources of bottled water. It should be noted that carbon filters do not remove lead, and other means of purification can have limitations on the removal of lead and other contaminants (1).

Lead in Foods

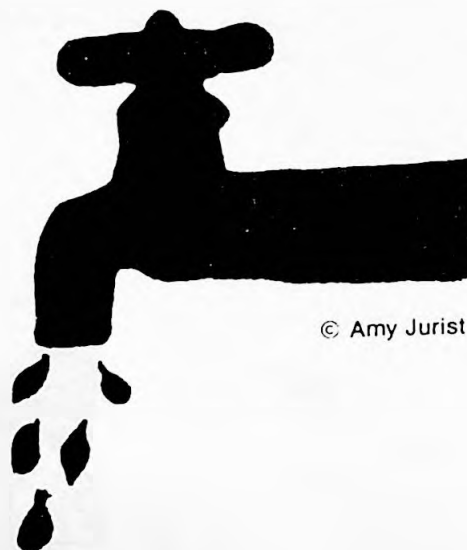
Foods are known to contain lead. Foods that are grown near well-travelled highways or heavily-polluted areas will have higher lead levels (2). Lead particulates from vehicle exhausts eventually settle into the soil. These are taken up by plants (by their leaves or roots) and animals grazing on the vegetation.

Crops that are sprayed with lead containing pesticides (3) can carry lead residues such as lead arsenate, used by commercial grapefruit growers in Florida.

The quality of the soil is a determinant in the lead content of the plants. Soils with low organic content tend to promote uptake of lead from soil (4). It follows that foods grown on soils which are nurtured with compost or manures are likely to have lower lead. Foods grown in organic or bio-dynamically maintained soils without the use of chemical fertilizers or pesticides are more balanced in trace elements (5) and less likely to have higher induced by trace mineral deficiencies in the soil.

There are some foods that should be avoided or consumed in moderation. Because of bio-accumulation in the food chain, the larger fish have higher mercury and lead than small fish. Some of the highest analyzed values were found in shellfish (3). As in most foods, the lead content can vary with the source. Canned foods where lead solder is used are a source of lead. Acidic foods especially will leach lead. Lead soldered cans are recognizable from horizontal indentations in the seams. Processing can also magnify the lead content as in beverages based on tap water.

Suggestions to let the water run for a few minutes each morning are superficial and unlikely to significantly alter the lead content



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Lead in Air

The level of lead in urban areas is higher than in rural areas (6). The size of the population of a city affects the levels of lead found in the air. This may relate to the number of cars. Coal burning factories, lead smelters and other industrial point sources will increase the concentration of lead in the air.

Within a city, the lead concentration is inversely proportional to the distance from busy roadways. With increasing traffic flow, ambient lead levels rise (7). These factors should be kept in mind when choosing location of residence.

Driving habits can influence one's exposure to lead and other vehicle exhausts.

Minimizing the Lead Exposure on the Road

Unleaded regular gasoline should be used to operate personal vehicles. High octane, lead-free gas may have toxic compounds of manganese added for anti-knock properties (8).

Driving habits can influence one's exposure to lead and other vehicle exhausts. Keeping the windows closed and the fan that brings in air turned off while backing up the car will prevent pulling fumes inside. Maintaining a distance from the car ahead will allow the other car's exhaust to thin out first. Likewise, the amount of air brought in from the outside in heavy traffic can be minimized without compromising visibility.

In the past, holding one's breath while walking through dense fumes was considered being overly cautious. However, as people are more informed, the practice is becoming less unusual.

Other Sources

It is important to ascertain that earthenware or storage jars do not have lead glazing. It may be prudent to avoid using glassware containing lead with wines or acidic juices. Some electric kettles in the past were found to have used lead solders - something to keep in mind when acquiring an antique.

Modern paints contain less lead than older paints. Since 1978, domestic paints in Canada have allowable lead level of 0.5% (9). Some old homes may have leaded paints covered with newer paints. Numerous incidents of children poisoned from peeling paints are known. Children should be supervised not to mouth objects, including the yellow coating of pencils. Peeling paint from old homes can also contaminate the soil and must be prevented from being incorporated in the vegetable garden.

House dust can be lead-laden, even when the house is free of lead paint. In some studies, dust from children hands



Barbara Cushman

was found to contribute to elevated levels of blood lead (10). Dust control in the house as well as teaching children to wash hands would lessen the exposure.

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Virginia Salares has a doctorate in chemistry. A mother of two sensitive daughters and a healthy son, she also heads Environmental Consulting Ltd. which specializes in environmental housing.

Environmentally Friendly Products

Environment Canada has launched a program to identify products that conserve energy, are recycled or recyclable, are biodegradable and free of ozone-depleting substances. Prime Minister Brian Mulroney announced the "environmentally friendly" products program in June at the opening of the World Conference on the Changing Atmosphere. The new program will enable Canadians to take a more active role in helping to protect the environment by choosing products that cause the least damage to the environment.

The idea for the Canadian labelling program originated with the Conservation and Protection Service of Environment Canada, about four years ago. A similar program has been in effect in West Germany since 1978. More than 2,000 German products now bear the United Nations blue angel symbol attesting to their environmental safety.

The average Canadian family of four disposes of more than 12 pounds of garbage a day - a national total of 10 million tons a year. Getting rid of that garbage costs hundreds of millions of dollars every year and contributes to a multitude of environmental problems. Cars and other vehicles emit pollution. Chemicals used around the home and garden can also cause environmental damage.

The federal government, through Environment Canada, is providing both financial and administrative support to launch the environmentally friendly products program, which is designed to be self-financing by 1990.

Manufacturers or processors applying to use the logo will be required to pay an administrative fee to have their product or process tested for "environmental friendliness". Companies whose products pass the test - and who want to label their products with the special logo - will be required to pay an annual licence fee, based on retail sales.

Product categories and performance criteria for the Environmentally Friendly Products Program will be decided by an advisory panel, established under the authority of the new Canadian Environmental Protection Act (CEPA). The multi-sectoral panel will have members from consumer and environmental interest groups, industry, labour, and academics.

The logo is expected to become both a handy marketing tool for environmentally conscious manufactures as a way to



assist consumers in selecting products and services. An Angus Reid Survey has indicated that most Canadians are willing to pay 10 per cent more for environmentally friendly products.

"We already know from the private sector that manufacturers, producers, packagers and retailers are eager to support this campaign. It is in their commercial interest to do so," said the Minister of the Environment, Tom McMillan.

Bettylynn Stoops, Environment Canada's project manager for the Environmentally Friendly Products initiative, says "the consumer can have an effect on what industry is doing at all levels - from research and development to retail. By raising awareness we can encourage manufacturers to increase their efforts in developing goods that are safer for the environment. We are confident that the program will be a success. Surveys indicate 94 per cent of Canadians believe they should take personal responsibility for environmental protection. There is no doubt that Canadians are going to support this initiative. This is certainly an idea whose time has come."

For more information, contact:
Bettylynn Stoops, Project Manager,
Environmentally Friendly Products Program
Environment Canada, Ottawa K1A 0H3 (819) 953-2962

Me and My Headache

by
Steve Rowat

Me and my headache are quite content.
We know our pain's been heaven sent -
Ain't heaven the source of acid rain?
I got itchininess inside my brain!

But me and my rash don't get confused;
We know we're caused by unorthodox views -
Like drinking the milk of a sacred cow
That's been pumped full of chemical chow!

*Oh I don't like my greens to be too white
So I scrub 'em a bit but they put up a fight
So I chew 'em a bit - my mouth stings
I swallow a bit, and my ears ring!*

*'Organically grown' it says on the box
But nobody knows if it is or it's not.
Might've been grown on a chemical dump
Roots around a PCB lump!*

Yes, this list could go on quite a ways -
There's thousands of chemicals out there today!
And some of them find their way inside you -
You *don't* want to believe it, but it's true!

*I used to sing about love and war
I used to be able to travel before!
Before my liver said 'no thank you please'
And now I sing about recipes....*

Though alcohol was part of it too -
I drank a lot, turned green and blue;
Smoked a bit - started to bubble -
Stomach ulcer from that trouble.

But all my fault? No I don't believe;
I was eating sugar cubes before I could read -
Three Cokes a day and four chocolate bars
Before I was old enough to drink ... in bars.

And now I'm a cripple with special needs -
Take my own dinner when I go out to feed;
Can't eat pesticide, milk, or eggs,
And car exhaust makes me weak in the legs.

Yes I get hot lips from the fumes from the bus,
And I get a rash when I'm near a paintbrush;
Wrong peanut butter is the runs for days -
And the canned tuna headache just stays and stays
and stays and stays and
stays ...

But me and my headache are quite content.
We know our pain's been heaven sent!
Ain't heaven the source of acid rain?
I got *itchiness* inside my brain.



Proposed Amendments To The Pesticides Act 1980

Doug Mewett from the Hazardous Contaminants Branch of the Ministry of the Environment contacted the AEHAO office regarding a proposed amendment to the 1980 Pesticides Act. Mr. Mewett was requesting input by the environmentally sensitive to the adequacy of the proposed amendment.

In brief, the Ministry's proposal is an attempt to increase the regulations governing the placing of signs when applying pesticides. It is proposed that the notification requirements apply to all pesticides used in Ontario on public and residential lands when applied by a licensed applicator. The signage must be posted 24 hours prior to the application for public lands and just prior for residential lands. After spraying the signage must remain up for 48 hours. All signs must provide date of treatment, purpose, name of the pesticide and a contact person.

Mr. Mewett couldn't have chosen a better time to ask for input. During the past few months the office has received numerous phone calls and letters from members sharing their concerns, frustrations and victories with the lawn care companies. These members were sent copies of the Ministry's proposal for their review.

The following was our response to the proposed changes in the 1980 Pesticides Act.

- 1) Guidelines should specifically ensure that the posted notice will be protected from the elements. Unprotected it may be rendered illegible by the weather, vandals, etc.
- 2) The length of notice required, both prior and post spraying is inadequate. The environmentally hypersensitive must remove themselves physically from the area and 24 hours notice does not allow sufficient time to make plans. The post spraying time allotment at 48 hours is wholly inadequate as pesticide residue can be registered as much as six weeks after spraying.
- 3) Enforcement of the new regulations is also an issue. Some companies are known to spray with a disregard for current regulations recommending protective clothing and wind conditions.
- 4) Limiting the regulations to licensed applicators indicates a disregard for the individual applicator. If an individual applicator was warned of the dangers

and required to post notices (which would be purchased with the chemicals), awareness would be increased and possibly a healthier attitude towards lawn care would develop.

The Ministry was congratulated for recognizing that the general public has increasing concern about the effects of pesticide exposure to human health. In addition, the Ministry was thanked for helping some members by writing letters to "lawn care" companies requesting suitable notification and, in one particular case, for coordinating the neighbourhood spraying to be held all on the same day.

Limiting the regulations to licensed applicators indicates a disregard for the individual applicator.

The members received assistance from the Ministry of the Environment by writing the Minister and their local MPPs explaining their situation and asking for suitable notification. In some cases a letter from their doctor was included.

Should any other members need help to control neighbourhood spraying, try writing to the Minister of the Environment, Mr. Jim Bradley, 15th Floor, 135 St. Clair Avenue, W., Toronto, Ontario, M4V 1P5 and send a duplicate letter to your MPP.

Pesticide Material Available

The provincial office has welcomed an abundance of material on the issue of pesticide spraying from Dr. June Irwin, M.D.C.M., F.R.C.P.(C). The material is outstanding, and the staff would be happy to send out packages to those who request them. If possible, please include \$2.00 to cover postage costs. We would also appreciate being kept up to date of members' battles with neighbourhood spraying.

Life Without Wheat

by Joanna Anderson



A Place To Start

What we eat is basically a function of the culture in which we were raised. Emotionally, we may find it difficult to change many of our eating habits. However, physically there is no reason why we cannot avoid constantly eating a few foods which may not be tolerated well.

We grow a great deal of wheat in this country and North Americans are accustomed to eating wheat flour products at least twice a day. Some of us are finding out that our bodies don't like it. If we change our meal planning and substitute other foods or better tolerated grains in place of wheat, we can live quite nicely without it.

Of all the grains, oat, rye and barley are the most closely related to wheat. The common elements include their gluten content (although lower) and certain phenolic compounds. They should be checked out for possible reactions before using them regularly.

All of the grains should be eaten on a rotating basis and care should be taken to avoid over-load. This will help to prevent adverse reactions to the alternative grains and help to avoid developing a stronger sensitivity to a grain that is presently tolerated in limited amounts.

Purchasing Commercial Products

Read all lists of ingredients. Beware of these terms: flour, wheat flour or starch, enriched flour, bran, wheat germ, and malt (which is often made from wheat). Also note that there are many kinds of wheat and wheat flour: durum, semolina, graham, tricale (a cross between rye and wheat), bulgar (couscous) and gluten flour.

Most rye breads contain a large proportion of wheat flour. Dimpflmeier's 100% rye bread, made without yeast, is an alternative which is sometimes available at delicatessen counters. The "Light" Wasa crispbread is whole rye without yeast. Oat flour, potato and/or barley breads, made without wheat flour but using yeast, are sometimes available from local bakeries or at farmers' markets.

Corn (and its derivatives which are found in most commercial products) is sometimes tolerated but should be consumed with caution since it is a notorious allergen.

Alternatives to Wheat

Non-grain Carbohydrates

White Potatoes or Sweet Potatoes

- boiled or baked for lunch or dinner
- leftover and rewarmed or fried for breakfast
- used mashed or grated raw for pancakes or latkes

Bananas

- sliced with milk* or juice anytime
- plain ripe; baked or fried when a little green

*note: for milk, use cow's milk, goat, soy, nut milk or whatever is tolerated.

Buckwheat Groats

- simmered like rice
- used as cereal in casseroles, as filler for stuffed vegetables

Legumes

- used in soups, main dishes, dips, falafel, etc.

Alternative Grains and Non-grain

Millet Seed

- organic millet must be picked over and rinsed well in a fine strainer before cooking
- cook like rice; boil water, simmer 15-20 minutes

We grow a great deal of wheat in this country and North Americans are accustomed to eating wheat flour products at least twice a day



- for dry loose texture, 1 c. millet : 1 3/4 c. water
- moist, hot cereal requires more water
- serve with milk or fruit depending on how moist the cereal is already

Millet Meal

- comes out more like cream of wheat and should be cooked 1 c. meal : 3 c. water

Rice

- toast rice in medium-hot frying pan until golden brown (not dark) and fragrant
- shake constantly to keep from scorching
- crack in a blender or food processor until at least half normal size
- cook in water or 1/2 : 1/2 milk and water, 1/2 c. rice in 2 c. liquid, until rice is soft and thick

Quinoa

- rinse and cook like rice; 1 c. : 2 c. water (15 minutes)

Buckwheat Groats (not a grain)

- brown in oven at 325-350 F. on cookie sheet and eat as toasted cereal with fruit, or cook as a porridge in water 1 : 4

Tapioca

- may be cooked with fruit as a dessert or breakfast

Cereal Grain Flours

Barley

- light and fluffy with almost the same cooking characteristics as wheat flour
- substitute 1 : 1 c. wheat flour in quick breads, muffins and pancakes

Rice

- dense and dry; absorbs a great deal of moisture as it cooks
- use it in cookies or quick breads with added moisture from grated or mashed vegetable or fruit
- batter will seem runnier than usual before cooking
- substitute 3/4 - 7/8 c. rice flour : 1 c. wheat flour

Millet

- dry and granular
- needs to sit and soak up moisture before being cooked
- can be used for quick breads or muffins with fruit or vegetable added

Oat

- drier than wheat
- 1 1/3 c. oat flour : 1 c. wheat flour

Corn

- use only corn meal in corn bread
- may purchase taco or tostada shells for sandwiches and light meals. Corn pasta available in health food stores.

Non-grain Flours

Buckwheat

- very fine, light and soaks up a great deal of moisture
- preferred for cookies and pancakes
- Soba is a commercially made pasta from buckwheat flour and is available in health food stores

Potato

- fine, mushy when combined with moisture
- can be used for cookies with solid fat but no liquid (like shortbread) and also some cakes with many egg whites
- used for thickening gravies, sauces, etc.

Arrowroot

- more like starch
- good for thickening puddings, sauces
- use about 1 1/2 Tbsp. : 1 c. liquid — dissolve starch in cold liquid before adding to hot
- also may use tapioca flour or starch

Soy

- browns more darkly than wheat flour
- substitute 3/4 c. soy flour : 1 c. wheat flour only in recipes where gluten is not required for rising

Meal Planning

Breakfast

- sausage (made without fillers by a butcher) or ground pork with apple sauce or pineapple
- fish
- eggs
- banana and juice or other fruit
- hot cereal: rice, millet or buckwheat, oat if tolerated
- pancakes: buckwheat or alternate grain

Lunch

- soups, salads
- meat and vegetables
- legumes; baked beans, peanut butter, chili, salads, falafel (highly spiced mixture of ground dried legumes)
- soft foods on rice crackers, zucchini slices, cucumber slices, taco or tostada shells, or rice cakes
- pasta substitutes made of corn, rice or buckwheat (Soba) which are available in health food stores
- pancakes of buckwheat, barley, rice flour or soy flour

Wheat Free Recipes

There are an increasing number of allergy cookbooks available at health food stores and often at the library. Some may contain recipes for more exotic flours, such as amaranth, than the ones dealt with here. Other good sources:

- Naturally Great Foods, by Nancy Albright. Rodale Press (1977) Emmaus, Pennsylvania, USA.
- Recipes for a Small Planet, by Ellen Buchman Ewald. Ballantine (1973).
- Allergy Information Association, Room 7, Poynter Drive, Weston, ON M9V 1K8
- Allergy and Environmental Health Association of Ontario, 10 George St., N., Cambridge, ON N1S 2M7

Best Buckwheat Pancakes

- 1 banana, mashed
- 2 1/2 c. buckwheat flour
- 1 egg, beaten
- 1 1/2 tsp. baking soda, or
- 1/4 c. oil
- 2 tsp. baking powder
- 2 Tbsp. maple syrup
- 2 c. water (or less)

Add dry ingredients to wet ones and mix until smooth. Allow to stand a few minutes to thicken. For thick, dry textured pancakes, use less water.

Notes: Other kinds of flour may be used if desired; egg and/or banana may be removed and water adjusted.

Buckwheat Cookies

- 2 Tbsp. butter (or shortening)
- 1 c. buckwheat flour
- 2 Tbsp. honey
- 1/2 tsp. baking soda
- 1 egg (or replacement)
- (1/2 tsp. ginger)
- (1 Tbsp. molasses)
- (1/4 tsp. cinnamon)

Cream butter, honey and molasses. Beat in egg. Add flour, soda and spices. Mix well. Let sit a few minutes. Shape on greased cookie sheet (dough is soft). Bake 325 F, 10 minutes. Note: optional flavouring will taste like gingerbread.



continued

Carrot Cake or Muffins

3 c. grated carrots
2 c. brown rice flour
1/2 c. oil
2 tsp. baking soda
1/4 c. water
(1/2-1 tsp. cinnamon)
3/4 c. honey
(1/2 c. raisins or nuts)
3 eggs (might try fewer)

Add dry ingredients to wet. Mix well. Bake at 350 F oven for 40-50 minutes or until the top has risen, cracked and a knife comes out clean when inserted in the center.

Date Squares

1/2 lb. dates
1/2 c. water
lemon juice (opt)
Place in saucepan.
Cook until soft.

1/3 c. oil
1/3 c. honey
1 1/2 c. flour or ground oatmeal
1 c. oatmeal flakes
Combine, using enough flour to make a crumbly mixture.

Layer in 8 inch pan with date filling in the middle. Bake 350 F, 20-25 minutes.

Finger Jelly

1 (12 oz.) can frozen juice, thawed
3 envelopes unflavored gelatin
1 1/2 (1 can) water

Soften gelatin in juice. Boil water, add juice and stir until gelatin dissolves. Remove from heat, pour into a lightly oiled 9 x 13 in. pan and chill. Cut when firm and cover.

Carob Cookies

1/2 c. oil
1/3 c. maple syrup
1/4 c. cold water
Combine in bowl.

2 Tbsp. carob powder
1 tsp. baking powder
1/4 tsp. baking soda (dissolve completely)
1/4 tsp. salt
1 1/2 tsp. vanilla
1/2 - 3/4 c. raisins
1 c. rye flour

Add these ingredients in order. Let stand for a few minutes at the end. Bake on oiled cookie sheet as above.

Oat and Apple Biscuits

1 c. oat flour
1 1/2 Tbsp. oil of day
2 1/2 tsp. baking powder
1 - 2 Tbsp. apple butter
1/4 tsp. salt
1/4 c. water

Mix all ingredients together and drop on greased cookie sheet. Dough should be soft like biscuit dough, so the amount of water may vary with each variation. Bake in a preheated 425 F. oven for 15-20 minutes.

Variations:

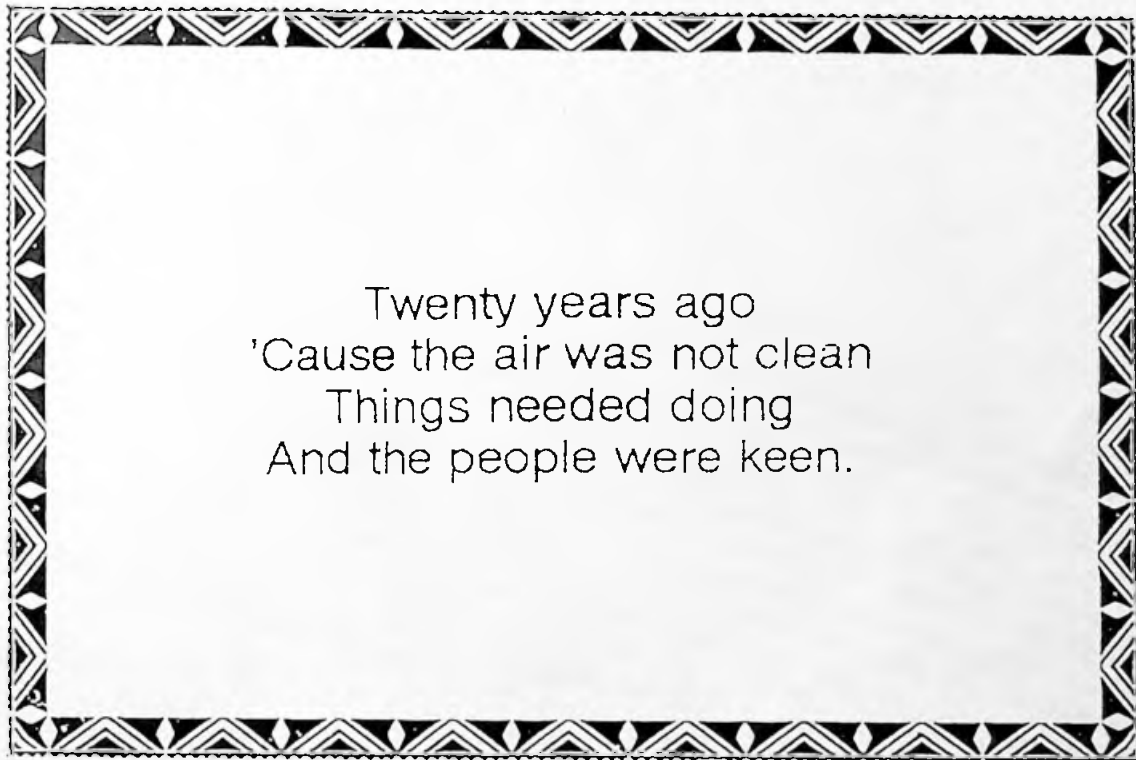
rice flour, vanilla or maple syrup or honey
barley or rye flour, peanut butter and sweetener
oat flour, cinnamon and boiled raisins



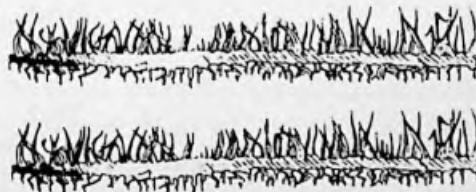


FROM THE GRASS ROOTS

HAPPY 20th HEF!



Actually, it was in 1967 when John MacLennan, M.D. wrote the first letter to a study group in the United States. In 1969, John Demurak wrote his "Message from the President," stating that there was much to be done.





HOW TIMES HAVE CHANGED!

The following articles have been zapped from the first newsletters of The Human Ecology Foundation of Canada. The articles are dated.

MEMBERSHIP'S 1978

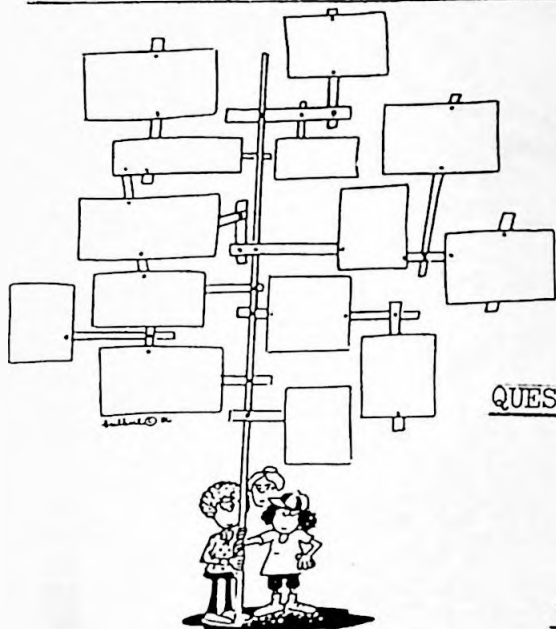
Our 1978 Membership fees are now OVER DUE !
If you wish to remain on the mailing list, please send in your \$5.00 which will see you paid until September, 1978 - at which time our 1979 fees will then be due and increased to \$10.00 per year. It is necessary if we are going to achieve our objectives.
We have only 17 paid-up members. Let us remedy that, at our April 26th, General Public meeting, by getting your membership paid to date. Or you can send it to me at this address.

Mrs. Lorraine McMillan
36 Woodside Dr.
Hamilton, L8T 1C3

Enclose a self-addressed, stamped envelope if you wish

Ruth spoke to the audience about several things, of which some are.

1. That our newsletter has had a face lifting.
2. Our dues are increased to \$10.00 beginning September 1st, 1978, also our dues are DUE NOW.
3. We are having a LOGO contest. etc.etc.



OR ---- HAVE THEY?

QUESTIONNAIRE RESULTS:

FOOD was the most common irritant
 CHEMICALS came next
 SYNTHETIC MATERIALS was third
 COSMETICS came in fourth
 INFORMATION came in last

SUNSCREENS
WITH EXTRA PROTECTION
FOR
FAIR OR DELICATE SKINS

- 4 oz Sesame Oil
- 2 oz Coconut Oil
- 2 oz Cocoa Butter

Melt cocoa butter with coconut oil over low heat. Warm sesame oil, stir all together and cool. Put into bottle, and refrigerate when not in use. Should it harden, just melt again at room temperature or in the sun.

PESTICIDES

PLEASE take note that even though ROTENONE and PYRETHIN are natural pesticides acceptable to organic gardeners, these can be toxic to breathe, apparently 4,000 times more toxic to breathe than to eat. This article came from the OTTAWA Chapter's Feb./78 Newsletter.

CLEANING:

For copper and stainless steel.

1. Put plain yogurt on thick and let stand overnight.
 No odor, easy on hands.



Fish caught in the Great Lakes should not be eaten by chemically susceptible individuals because these bodies of water are heavily contaminated by industrial wastes.

 * Have you ever thought what
 Swiss cheese might smell
 like if it were not ventilated?



TEENAGERS VIEW ON ALLERGIES

December, 1978



Attending Utah's Brigham Young University was not only an experience in settling into a new order of academic and social life, but was also an exercise in managing allergies in a complex environment of exposures.

The most easily remedied problem was that of avoiding the dorm's bedding washed in a problem detergent weekly and synthetic at that. The simple solution was to bring my own sheets from home. Doing this, I had not only beat an exposure but could avoid getting up at 6:30 a.m. Thursdays for linen changes.

Diet proved to be less of a problem than expected. There was often an alternate choice to the standard fare of beef and potatoes. The cafeteria often provided a fowl or fish dish for those students who had not yet adjusted to those two staples of the West. As supplement to the 3 meals a day, it proved to be a good idea to keep fruit or nuts in my room as a substitute for junk food at snack time.

Brigham Young University holds to a code of honour laid down by its sponsoring Church of Jesus Christ of Latter-day Saints. This code includes observance of the Mormons' Word of Wisdom, part of which means no use of tobacco: a special bonus for chemical allergy patients used to facing such a common exposure.

I had made a special request, for health reasons, to be assigned a single room. This meant that I didn't have to cope with other standard people pollution like aftershaves and sprays during the first semester of settling in. There were no assigned seats in our classes so there was never the problem of having to stay near a person wearing something powerfully scented.

Vitamins were some help in stabilizing reactions. It was interesting that one of my floormates frequently showed up at my door to request some Vitamin B for energy's sake or Vitamin A and D to help clear up his face. It was quite a turnabout from the usual university picture of someone who supplies tablets and capsules.

I did pick up on something at my first semester at university that I hope I remember: no new change in environment is without problems for anyone--not just a chemical allergies patient. But for every problem there is a solution if we look hard enough.

David Cameron



NON - ALCOHOL DRINKS THREAT TO ADDICTS:

Hamilton Spectator - Sat: Mar: 31, 1979

SO-CALLED non-alcoholic beers and wines sold in supermarkets and delicatessens contain enough alcohol to cause a severe reaction in an alcoholic taking a drug like Antabuse to help him stop drinking.

At least two alcohol addiction experts in Hamilton, who were unaware of the amount of alcohol in such products, have decided to warn their Antabuse patients to avoid them.

Although the alcoholic content may appear in finer print on the label, larger labels described them simply as "non-alcoholic beer" or "de-alcoholized wine".

Khem Chopra, director of the Alcoholism Treatment and Education Centre at Chedoke Hospital, said that although the centre staff tells patients on Antabuse "time and time again" not to consume alcohol with the drug, "I wasn't aware these drinks contain as much alcohol as they do, and we'll be making an extra effort to mention these specifically."

The centre has about 300 in-patients a year, many of whom are on Antabuse at least part of the time, and another 300 out-patients at any one time.

Dr. Robert Martin, medical director of Hofasco, where 30 to 40 workers in the rehabilitation program are on Antabuse, said he was "amazed at the alcohol range" in the products.

"We advise anyone on the drug not to use alcohol, but haven't been warning them about these products. We'll be telling our people now, because there's enough in these drinks to get a reaction. I don't see how they can label them non-alcoholic".

The alcohol content of the products was brought to light earlier this week when the Globe and Mail, newspaper, had them analyzed by an independent laboratory.

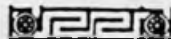
They ranged from a high of 0.54 per cent alcohol for Warteck Non-Alcoholic Beer to .005 per cent for Moussy Non-Alcoholic Beer. Wunderbar de-Alcoholized Wine tested at 0.14 percent for the red, 0.16 per cent for the white. Metbrau Malt Beverage tested 0.44 per cent. Regular beer contains 2.6 to 5.5 per cent, and light beer 1.2 to 2.5 per cent.

The Ontario Liquor Licence Board allows beverages with less than one per cent alcohol to be sold anywhere, and there are no age restrictions on buying them, even though four of the Warteck beers would give the alcohol equivalent of one light beer.

For those taking Antabuse, or a similar drug, even the amount of alcohol in some cough medicines can be enough to give them a reaction - severe headache, weakness, sweating, chest pain and vomiting. High doses of alcohol can kill them.

Other liquid prescription drugs for different medical problems can also cause Antabuse-type reactions if mixed with alcohol.

Donald Smith, regional director of the Addiction Research Foundation reflected the opinion of Mr. Chopra and Dr. Martin: "I don't think there's been a general practice of warning people off these products when they are on Antabuse."



**Do you have any of the
following symptoms ?**

- sniffling
- asthma
- allergic reactions
- headaches
- sinus trouble
- hayfever
- rheumatism or arthritis
- digestive problems
- abdominal pain
- muscle aches and pain
- noises in your ears
- frequent earaches
- frequent colds
- puffy, red or irritated eyes
- emotional disturbances
- hyperactivity
- irritability
- depression
- foggy thinking or memory lapse
- adverse reactions to stress

*Ecological illness can cause these
and a wide variety of other physical
and mental symptoms.*

**What is
Ecological Illness ?**

People who are ecologically ill are no longer able to adapt well to common exposures in their everyday environment. They may develop a variety of chronic or acute symptoms that are brought on by substances in the air, in food, or in water.

Natural inhalants such as pollens, dust and moulds, and even natural foods may begin to affect people adversely. This aspect of the condition is often referred to as allergy. But the many synthetic chemicals that are now common around us can also cause symptoms, and overexposure to these can trigger ecological illness even in those with no history of allergy or other sensitivity to the environment.

Symptoms may be mild and merely annoying, or they may become severe enough to interfere with a person's daily activities, family life and career.

**What is the
Human Ecology Foundation ?**

The Human Ecology Foundation of Canada is a charitable organization which helps people with ecological illness by:

- providing information
- promoting research
- encouraging physicians to become involved
- educating others
- finding sources of chemically less-contaminated food, water, clothing and household furnishings
- counseling people on changes of lifestyle that may alleviate symptoms
- promoting a healthier, less-polluted environment

**We Invite You
To Join Us**

Membership in the Human Ecology Foundation of Canada includes a subscription to the Foundation's Quarterly magazine, which covers the latest developments in prevention and treatment of ecological illness, and up-to-date sources of chemically less-contaminated food and materials.

To become a member, fill in your name and address below, detach this page and mail it along with your cheque or money order for \$10.00 to any of the Foundation addresses listed on the back of this brochure.

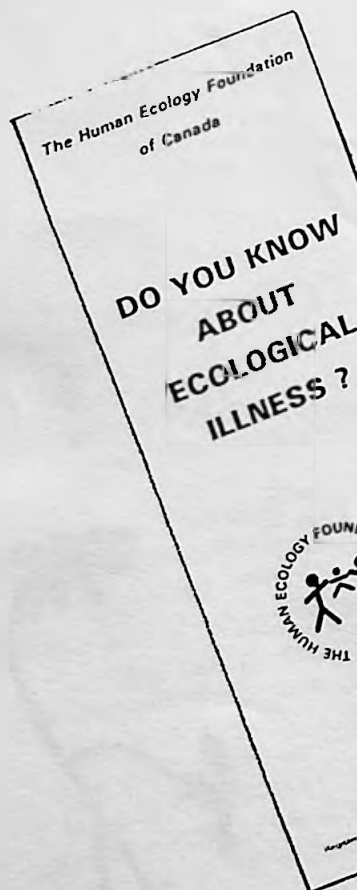
Please make all remittances payable to The Human Ecology Foundation of Canada.

Name _____	Postal Code _____
Address _____	

I am enclosing a ☐ cheque ☐ money order for \$10.00 to cover one year's membership in the Human Ecology Foundation of Canada.

(optional) In addition, I am enclosing a donation of \$_____ to further the purposes of the Foundation. (All donations are tax-deductible as charitable donations.)

Corporate Sponsorship \$100.00



Now it is time
To say thanks to all the people
Who have helped throughout the years
Many hands to do the work
Eliminated some fears.

REPORT OF THE ANNUAL GENERAL MEETING

The Human Ecology Foundation of Canada and the Allergy and Environmental Health Association of Ontario held their Annual General Meeting in April 29th, 1989.

The meeting was hosted by the Waterloo/Wellington Branch who did a tremendous job of setting up the meeting facilities and providing a delicious luncheon for all in attendance.

The business portion of the meeting included, among other things, the name change for H.E.F. Canada to the Allergy and Environmental Health Association of Canada and the approval of the new By-Law for the Association. Also a new slate of officers were elected from the membership and they are:

THE BOARD OF DIRECTORS OF THE ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION OF ONTARIO

PRESIDENT: Marg Lamothe
VICE PRESIDENT: Shirley Mertens
PAST PRESIDENT: Ed Lowans
TREASURER: Nora Schallhorn
SECRETARY: Tony Keller
MEDICAL ADVISORS: Dr. Krop
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HONOURARY DIRECTOR: Dr. J. G. MacLennan

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Hamilton/Burlington - Joanna Anderson
Quinte - Bill McMaster
Kitchener - Rob Phripp
Ottawa - Lynda Brooks

BOARD REPS FROM AEHAC:
Zee Charnoe, Robert Milligan

MEMBERS AT LARGE:
Barbara Mowat
Tony Keller
Shirley Mertens
Lynn Trainor

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HONOURARY DIRECTOR: Dr. J. G. MacLennan

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Carol MacAskill, Nova Scotia
Elizabeth Shepherd, New Brunswick
Zee Charnoe, Ontario
Robert Milligan, Ontario

MEMBERS AT LARGE:
Greg Finlayson
James Kay

ALLERGY AND ENVIRONMENTAL HEALTH ASSOCIATION INVITES NEW MEMBERS

If you'd like to join A.E.H.A, please fill in this form
and send it to your nearest branch office.

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I am enclosing a cheque ☐ or money order ☐ for twenty dollars (\$20) to cover one year's membership, including four editions of *The AEHA Quarterly*. In addition, I am enclosing a donation of \$_____ (optional) to further the purposes of the Association. Charitable donations are tax deductible.
